

WRIGHT TIMES

4th Fighter Wing

Vol. 50, No. 34

Seymour Johnson AFB, Goldsboro, N.C.

Now open for the Airmen



Airman 1st Class Dominic Kuiper / WT

Colonel Mike Holmes, 4th Fighter Wing commander, cuts the blue ribbon for the grand opening of the Airmen Center Aug. 18. The center is located where the honor guard and linen exchange were formerly housed, attached to the dining facility.

AFREP does it again

By Staff Sgt.
Angela Shepherd
Public Affairs

Most people enjoy saving a few dollars when they go shopping.

But Staff Sgt. Nicole Brown, supply liaison for the 4th Fighter Wing's Air Force Repair Enhancement Program, aims higher than just a few dollars ... she likes to save by the thousands and millions.

"AFREP exists to fulfill mission capabilities by repairing aircraft parts, rather than spending more money on buying new parts," Sgt. Brown said. "The program also strives to make the Air Force more self sufficient."

Sergeant Brown is one of many from the base who work together to squeeze every dollar possible for the Air Force by utilizing the Defense Reutilization Management System.

When bases are done with equipment, they turn it in, and it becomes available through DRMS to anyone working with a government agency. The best part is the equipment is free.

"While using DRMS is efficient and advantageous, it takes a lot of teamwork to get it done," Sgt. Brown said. "It starts with the squadrons and ends with supply."

According to Sgt. Brown, when a squadron identifies a need for a piece of equipment, they contact one of the maintenance supply liaisons in the 4th Logistics Readiness Squadron. The MSLs pass the information on to AFREP.

See **AFREP**, on Page 8

Stephen Frank checks his time as he crosses the finish line Saturday at the first-ever Golden Eagle Sprint Triathlon, hosted by the 4th Services Squadron. Frank placed first in the men's division with a time of one hour, 10 minutes and 14 seconds. The event consisted of a 400-meter swim, 15-mile bike ride and four-mile run.



Airman 1st Class Dominic Kuiper / WT

33,000 Airmen victims of security breach

By Robin DeMark
Public Affairs

Air Force officials notified more than 33,000 Airmen about a security breach of their personnel records through the online assignment management system August 19. More than 160 military members at Seymour Johnson received notification by an official letter, e-mail or phone call.

"The Airmen we've talked to are all officers who received an e-mail from the Air Force Personnel Center," said Maj. Karen Madsen, 4th Mission Support Squadron commander. "Military members who have relocated or are on a temporary duty assignment will receive notification from their squadron commander."

According to AFPC, the AMS records contain assignment preferences and career management information on

officer and enlisted members. The data includes a person's birth date and Social Security number. The data does not contain personal addresses, phone numbers or specific dependent information.

Airmen may log in to the virtual military personnel flight at <http://www.afpc.randolph.af.mil/vs/> to verify if personal records were affected.

If stolen information includes a Social Security number, there are several resources available to minimize the potential of identity theft and prevent someone else from opening new credit accounts.

First, file an initial fraud alert with one of three major credit bureaus listed below so creditors know to call before any changes on existing accounts or new accounts are open.

Equifax: call 1-800-525-6285 or visit <http://www.equifax.com>

See **BREACH**, on Page 7

UP-FRONT FOCUS | **Col. Duke**

NC is home for new vice commander

By 1st Lt. Tammie Adams
Public Affairs

Seymour Johnson's new vice commander arrived earlier this month from Langley Air Force Base, Va., but being a former North Carolina resident and former member of Team Seymour, he already feels at home.

The new vice commander, Col. Chuck Duke, was the Air Combat Command director of staff at Langley. He brings with him his wife, Sherry, who is a first grade teacher at Eastern Wayne Elementary School and the mother of their three children.

"I feel like I've come back home," Col. Duke said. "I'm originally from Fayetteville, my wife is from North Carolina, and my three kids went to school in various parts of North Carolina. Plus, mine and my wife's parents live in the state."

Colonel Duke began his Air Force career in 1977 when he was commissioned by the Reserve Officer Training Corps at East Carolina University in Greenville, N.C., where he earned a bachelor's degree in business administration and management.

Shortly after graduation, he completed weapon systems officer school at Mather Air Force Base, Calif., and flew the F-111 as his first aircraft for two-and-a-half years before being selected for pilot training in 1982 and then switching to the F-16.

It wasn't until 1994 when the colonel transitioned to the F-15E.

"The F-15E is the weapon system of choice for many combatant commanders," said Col. Duke, who has more than 3,000 total flight hours. "It's valuable for its unique ability to fly long distances, carry a variety of payloads and drop precision weapons. Plus, it's fun to fly."

Over the next five years, Col. Duke



Airman 1st Class Dominic Kuiper / WT

The new vice wing commander for the 4th Fighter Wing, Col. Chuck Duke, speaks to students at the first term Airmen center Aug. 19. He comes to Seymour Johnson from Langley Air Force Base, Va., where he was the Air Combat Command director of staff.

was stationed at Seymour with various duties. He was the 335th Fighter Squadron assistant operations officer, 333rd Fighter Squadron operations officer, 335th commander and finally the 4th Operations Group deputy commander.

"Upon leaving Seymour, I was selected to be the 71st Operations Group commander at Vance Air Force Base in Oklahoma," he said. "It was a new and rewarding challenge. I enjoyed helping pilots prepare for their career."

Now that Col. Duke is back, he's impressed with the changes that have taken place since he left.

"There have been a ton of improvements since I was here last," Col. Duke said. "The base was always nice, but now the library has had a vast improve-

ment. There are new dorm buildings. The recreation park behind the fitness center is great. The new Airmen center is a wonderful addition. And when I left, I think the heritage park only consisted of the F-4."

The colonel enjoys playing golf, hunting, fishing, and watching football and NASCAR, but he spends most of his spare time, when he's not with his family, playing golf.

"I wanted to come back here," Col. Duke said. "I know the 4th Fighter Wing is highly respected, and to come back and be a part of it is like a dream come true. I love the area, the people, the Southern hospitality, and everyone's friendly. I'm mostly looking forward to simply being a part of the Seymour team."

AED can save lives

By 1st Lt. Tammie Adams
Public Affairs

Clear! That's what doctors usually yell in the movies before using this device.

Twelve automated external defibrillators, or AEDs, are distributed throughout various locations on base in case anyone within the locations experiences a heart attack or cardiac arrest situation.

"The AED is a computerized medical device used along with cardiopulmonary resuscitation," said Capt. Craig Richters, 4th Medical Support Squadron human resources and development flight commander. "It determines if the heart is in a dysrhythmia, or life-threatening rhythm, and if so, it administers an electric stimulus to correct the heart's rhythm."

Seymour Johnson received the AEDs in February when they were mandated by Air Combat Command to be distributed throughout the base, according to Capt. Richters.

A committee strategically chose the locations by taking into consideration the most common areas used by higher risk people and ambulance response time, he said.

"The device is safe and simple to use," said Staff Sgt. Joseph Boudy, basic life support program director.

See **AED**, on Page 3

SJ holds first triathlon

By 1st Lt. Tammie Adams
Public Affairs

Thirty-eight competitors participated in the first-ever Golden Eagle Sprint Triathlon, hosted by the 4th Services Squadron, on base early Saturday morning.

"I ride bikes with a lot of people who work on base and regularly compete in triathlons, and a lot of them expressed interest and thought it was a good idea to have one on base," said 2nd Lt. Elias Guerra, triathlon project officer. "We had a lot more people enter the competition than we thought we would. It was a great turnout!"

The first event began with a 400-meter swim, or eight laps, in the Olympic pool behind the fit-

ness center. Contestants started at 15-second intervals to prevent overcrowding in the pool.

"The swim was the most difficult part of the competition for me," said Timothy Spaulding, second place winner for the men. "It's the part of the triathlon that requires the most finesse and skill, and I'm only just now learning how to swim efficiently. I didn't want to let my wife pass me in the pool, but she went cruising past me about halfway through the swim."

After exiting the pool, the competitors hurried to the bike rack, took off their swim caps and goggles, and donned their bike shoes and helmets before heading to Perimeter Road for a 15-mile bike ride.

See **TRI**, on Page 10

Weekend weather

Saturday



Partly cloudy

High: 87
Low: 69

Sunday



Mostly cloudy

High: 87
Low: 70



America's Air Force &
the 4th Fighter Wing
Cross into the Blue

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NFC season
preview

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What does ‘being American’ mean?

By Lt. Col. Kevin Umbaugh
4th Equipment Maintenance Squadron commander

As we near the 4-year anniversary of 9/11, I am reminded of our journey and why we fight for freedom. It all began over 200 years ago when Thomas Jefferson, while writing our Declaration of Independence, penned the phrase, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Those are very powerful and glorious words. They paint a picture of every man and every woman having the opportunity to live the life they desire. It was a promise that each and every American would have the opportunity to determine the course of their own lives, lives that would be unfettered by prejudices, preferences and castes. That promise has often been referred to as the "American Dream."

The last 200 years, our nation has struggled to live up to the potential

of such a noble promise. Originally, the only men who were "equal" or "equal enough" were white, land-owning gentlemen. For others, the dream of reaching their true potential was limited.

With the abolition of slavery, our Constitution was amended allowing people of color to be included in the dream of our founding fathers...on paper. Realistically, it would take another 100 years and a "civil war" led by men of peace for people of color to be included in the dream.

Unfortunately, for African Americans, Native Americans, Asians, Hispanics and many others, there has been large-scale denial of the "American Dream." It was denied simply because of their race, ethnicity, gender and faith.

Moreover, over half of the population of this great nation has been denied full access to the American Dream, until recently. That group is of course, women.

Each of these groups has had to overcome prejudices created by ignorance. However, each has persevered, overcome barriers, and enriched and strengthened America.

We are a greater nation because we have learned that the American Dream is not limited to a few. It is for all. The founding fathers, when writing The Declaration of Independence and The Constitution, not only founded a system of government, but they founded a way of life.

Since America is an inclusive society, we make room for all. We accept all ethnicities. We accept all faiths. We accept those with no faith. As Americans, we strive to be only intolerant of intolerance.

America is the greatest country in the world. Militarily, we are supreme. Economically, our resourcefulness and ability to create markets are unparalleled. Our form of government encourages all to participate. Some countries are larger and have greater natural resources, but none are richer.

We do not read articles about thousands of people risking life and limb to escape tyrannical governments to live in the People's Republic of China. They do not risk their lives and the lives of their children to escape to France either. They do risk life and limb to come to America,

because America is the land of opportunity. America holds its spot as the preeminent power in the world due to its inclusiveness. Because our society is driven to ensure that all can succeed, we create an environment for success. America breeds success.

However, it is this same inclusiveness that led to America being attacked on September 11, 2001. Terrorists attacked America out of jealousy, fear and ignorance. Their own ignorance led them down a hateful path. In a few short weeks, September 11, 2005, will mark the fourth anniversary of the attacks by terrorists on our nation. That day has become a solemn day of reflection and prayer for me and my extended family. Together, as a nation, we will pause to remember our fallen brothers and sisters, their orphaned children and still-grieving relatives. However, I ask that we might also take the time to reflect on what "being American" means. This is normally done on and around the 4th of July, our National Day of Independence.

In the past when we were

attacked, we were attacked for economic reasons. In 1812 Britain sought to regain her American colonies. In 1941 the Empire of Japan attacked because we were an obstacle to her ability to establish political and economic hegemony in the Pacific. On September 11, 2001, we were attacked because of who we are, what we believe and what we represent. We were attacked because we have come closer than ever to fulfilling the promises made by our founding fathers.

So on September 11, 2005, I will find myself reflecting on what makes me an American, and I will remember retired U.S. Navy Capt. John Yamnicky, my Little League baseball coach. I will remember U.S. Navy Commander Pat Dunn, an upperclassman responsible for my training during my Plebe year at the Naval Academy. I will also remember other friends who were executed, mauled, mutilated and mangled by terrorists only because they were Americans. Along with my family, we will reflect on what it means to be an American. I hope others will too.

School's open - slow down or pay the price

By Lt. Col. Warren Ward
321st Training Squadron commander

LACKLAND AIR FORCE BASE, Texas - It is mid August in South Texas. It is hot enough to cook an egg on the pavement, and it is time for children to head back to the classroom.

Yes, it is back to school time! Children have had a great summer break and parents may very well be ready to send the youngsters back to class at this point, but there are some important things all motorists need to remember at this time of year to prevent needless tragedy.

All motorists have adjusted over the summer to the absence of school buses on the road. Now is the time for increased awareness.

Be conscious of school buses carrying pre-

cious human cargo. When you see a bus with yellow flashing lights, slow down and prepare to stop. When those lights are flashing red, all other vehicular traffic must stop for the safety of the children loading and unloading from the bus.

Please do not try to drive around a stopped bus with the red lights flashing; you never know when a child might suddenly appear from around the corner of the bus, placing your vehicle on path for a deadly encounter.

School zones as well are active once again. Re-familiarize yourself with your daily driving patterns. If you have transited an inactive school zone during the summer months, you can expect greatly reduced speed limits during certain times of the day when school is in session.

Slow down! Drivers need time to react to

the unexpected in a school zone. Watch carefully at crosswalks which may utilize crossing guards. Obey the crossing guards' orders to stop or proceed; they are monitoring the safe transit of children in their charge.

In neighborhoods near schools, you may see an increase in bicycle and foot traffic of children who live close enough to transit to school by these methods. Always be alert and expect the unexpected. You never know when that bicyclist might decide to weave back and forth on the road or jump from road to sidewalk and back.

Be ready! Just because we all grew up learning to walk facing traffic does not mean that this safety tactic is practiced. Watch for those walking along the sides of the road.

These are but a few simple reminders for all motorists as school starts up.

Local law enforcement officials will likely have no tolerance for motorists racing around loading/unloading school buses or speeding through school zones. If you are caught in this type of infraction, both your pocketbook and driving record will suffer.

How much will it cost you? It depends on where you live. Here in San Antonio if you speed 1-10 miles per hour over the limit in a school zone, plan to pay \$190 plus \$5 for each additional mile over the limit. If you pass a stopped school bus, that will cost you \$630.

However, the most important thing you risk by hazardous driving in these school-related areas is the injury or death of a child.

Best wishes to all students and parents for this 2005-06 school year. I challenge all motorists to drive responsibly to keep school children safe!

A birthday to remember - for a lifetime

By Maj. Dean Stuller
Air Force Personnel Center squadron section commander

RANDOLPH AIR FORCE BASE, Texas - Many people seem to believe 40th birthdays are a big event in life, but prior to turning 40, I thought it just another birthday. Those thoughts changed recently, because my 40th will be the one birthday I will never forget.

Prior to turning 40, I thought of it as one of those rare opportunities for me to disengage, indulge in some cake and ice cream (a very rare event for me -- ask anyone I work with) and accept in humble

appreciation gifts from my wife and children.

In the days preceding July 23, my 40th birthday, I really hadn't spent very much time reflecting on past birthdays. However, when I did look back, most birthdays weren't exciting or emotional, just appreciated and enjoyed. Little did I know what was around the corner.

I stayed up late July 22 to watch a movie with my wife. About 1:30 a.m., as we headed for bed, I began to experience a significant pain in my chest which quickly intensified. After just seconds, the pain radiated down the back of my arm sending me to my knees.

I have a very high tolerance for pain and even though my wife knows this she knew the pain was more than I could handle and asked if she should call 911. However, being a stubborn man, I told her not to because I was sure it would pass.

When the pain reached my hand and I began having difficulty breathing, I asked for some aspirin. My wife didn't ask again. She called 911. I wanted to argue but was in no shape to do so. I had made it into the bedroom, fallen and couldn't get up.

When EMS arrived they quickly took steps to get my heart under control and then hurriedly trans-

ferred me to Wilford Hall Medical Center at nearby Lackland Air Force Base. Upon arrival, the professionals in the emergency room immediately started evaluating my condition and administering treatment.

They weren't sure I was having a heart attack because I didn't fit the profile. I had good blood pressure, I'm healthy, active and relatively young, and there is no history of cardiac disease in my family.

Though the pain had diminished, the "nitro" they administered didn't seem to have the impact on my heart they expected. A short time later, the cardiologists determined I was having a heart attack.

They rushed me into the cardiac catheter lab, found the offending artery, performed angioplasty and implanted a stent re-establishing good blood flow. Upon further testing, nuclear medicine determined the damage was minimal. Medical technology in the hands of professionals truly can and does work wonders!

But you know, there are a few lessons to learn here. First of all, don't hesitate to call 911 -- a delay could cost your life! Also, remember fitness is about more than simply passing your next fitness test -- it is a principle factor in determining your health and your longevity.

See **BIRTHDAY**, on Page 7

**WRIGHT
TIMES**

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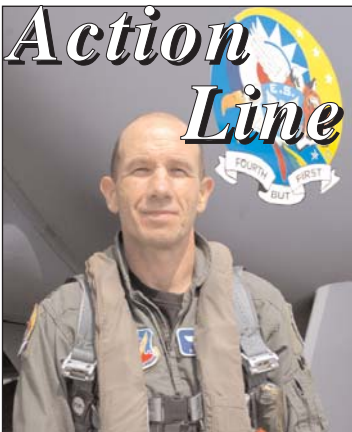
Seymour Johnson's Action Line is brought to the base by 4th Fighter Wing Commander, Col. Mike Holmes

It provides a communication channel for people to obtain information and assistance in making Seymour a better place to live and work.

The colonel asks that before calling the Action Line, people try to resolve their particular problem with the responsible base agencies listed here:

Base exchange	735-8512	Military pay	722-5373
Chaplain	722-0315	AFOSI	722-1220
Civil engineering	722-5139	Public Affairs	722-0027
Civilian pay	722-5358	Safety	722-4093
Commissary	722-0321	Security forces	722-0121
Military equal opportunity	722-1180	Services	722-5331
Inspector general	722-0211	Transportation	722-5089
Housing maintenance	736-7021	Travel pay	722-5362
TRICARE	(877) 874-2273	Youth center	722-0339

722-0006 or 4fwactionline@seymourjohnson.af.mil



Another school year is here



Staff Sgt. Angela Shepherd / WT

Captain Dianne Ferrarini buys school supplies at the base exchange with her two children, Cameron (left) upcoming third grader, and Curtis, upcoming first grader. The 2005-06 school year began yesterday.

One year enrollment for Survivor Benefit Plan

WASHINGTON - Department of Defense officials announced Aug. 19 that military retirees, who opted out of some or all their Survivor Benefit Plan coverage, will have another opportunity to elect coverage during a one-year open enrollment period beginning Oct. 1 and running through Sept. 30, 2006.

Upon a retiree's death, the plan provides an annuity of up to 55 percent of the military retired pay. Until recently, the annuity for a surviving spouse age 62 or older was reduced to 35 percent to reflect the availability of Social Security benefits. This reduction will phase out by April 2008, and the full 55-percent benefit will be paid regardless of the spouse's age in accordance with the fiscal 2005 National Defense Authorization Act.

Current nonparticipants will be able to elect any coverage they could have elected previously upon retiring from active service or upon receiving notification of eligibility for Reserve retired pay at age 60.

If they have a reduced election, they may increase their

coverage. A participant with child-only coverage may add a spouse or former spouse to their coverage, and a person may add child coverage to spouse or former spouse coverage.

But those who took coverage and later elected to terminate that coverage are not eligible to make an open enrollment election.

Open enrollment elections require a lump sum buy-in premium as well as future monthly premiums. The lump sum equates to all back premiums, plus interest, from the date of original eligibility to make an election plus any amount needed to protect the Military Retirement Fund. The latter amount applies almost exclusively to those paying fewer than seven years of back payments.

The lump sum buy-in premium can be paid over a two-year period. Monthly premiums for spouse or former spouse coverage will be 6.5 percent of the coverage elected, the same premium paid by those currently enrolled. Reserve component members under age 60 and not yet eligible for retired pay do not pay back premiums or interest, but

must pay a monthly plan premium "add-on" once their retired pay starts.

Elections are effective the first day of the month after the election is received, but no earlier than Oct. 1. An election is void if the retiree dies in the two years following an election and all premiums are refunded to the designated survivor.

To make an open enrollment election, a retiree can complete and submit a DD Form 2656-9, "Survivor Benefit Plan and Reserve Component Survivor Benefit Plan Open Enrollment Election." The form is available electronically at www.dtic.mil/whs/directives/infomgt/forms/eforms/d2656-9.pdf.

For assistance with the form, people can contact the retiree activities office.

Retirees can mail the completed form to the address specified on the form. Applicants will be formally notified of their cost and have 30 days from the date of the notice to cancel the election by notifying the Defense Finance and Accounting Service or the reserve component, as applicable, in writing.

Is your child's backpack making the grade

By Capt. Kelly VandenBos
4th Medical Operations Squadron

With children gearing up for the new school year, parents are shopping for the right fitting shoes and the right clothes, but one commonly overlooked item is the backpack.

If your child isn't wearing a backpack properly, it could lead to serious muscular and skeletal injuries, such as scoliosis and other chronic problems. According to the American Physical Therapy Association, improper backpack use can cause injury in young children with growing mus-

cles and joints.

Injury can occur when the child adjusts his or her posture to support the weight of the backpack. Studies have shown that the forward posture made by a child to adjust to a load that is too heavy can cause spinal compression and misalignment and may hamper proper function of the disks between the vertebrae that provide shock absorption. A heavy load can also cause compression in the shoulders and lead to a numbness in the arms.

Once a child experiences these symptoms, they are more likely to develop long-term problems without proper treatment.

Things to remember when wearing or buying a backpack

- **Wear both straps.** Wearing both straps distributes the weight more evenly and helps keep the spine straight. Single-strap backpacks are just as bad as improperly worn double-strap backpacks.

- **Make sure the backpack fits.** Straps should rest comfortably on the shoulders and under the arms, and the bottom of the pack should rest on the contour of the lower back, not sag down toward the buttocks.

- **No more than 15 percent of the child's**

weight should be carried. Signs that a backpack is too heavy are pain or numbness in the arms and shoulders or red marks on the shoulders.

- **Buy backpacks with padded and contoured straps to help reduce stress on the chest and shoulders.**

- **A waist belt helps distribute part of the load to the pelvis.**

- **Compression straps on the sides or bottom of the pack help stabilize items inside.**

In line with helmet safety

By Airman Shane Dunaway
Public Affairs

There is a new policy change in effect for all people who roller skate, inline skate or skateboard on Air Combat Command installations. The change to Air Force Instruction 91-207 states that anyone who partakes in these activities must wear an approved Consumer Product Safety Commission, American National Standard Institute, Snell Memorial Foundation, or host-nation certified helmet.

In addition to an approved helmet, participants utilizing dedicated skate parks, arenas or related facilities on ACC installations must wear elbow pads, kneepads and wrist guards.

"The effect for Seymour Johnson is wrist guards are now added to the list of required safety equipment to be worn at the skate park, and helmets are mandatory anywhere on the installation," said Tim Edwards, ground safety manager.

Users must sign a liability waiver at outdoor

recreation before using the skate parks, and those under 18 must have a parent or guardian present to sign for them.

"It's the user's responsibility to wear the proper equipment when using the skate park," Mr. Edwards said. "It's also the commander's responsibility, as well as everyone who sees someone without a helmet or pads to stop them and correct them so that they can get the right equipment."

Approved helmets and wrist guards can be found at the base exchange. If considering use of the skate park, elbow and knee pads are also available at the BX.

"We've pushed hard this summer to improve safety on base, and parents and kids have done a great job adhering to new policies," said Col. Mike Holmes, 4th Fighter Wing commander. "I know they'll do the same with ACC's safety gear policy and make Seymour Johnson a safer place to work and play."

For more information, call 722-4218.

AED: Safely saving lives

From Page 1

"All one has to do is turn the machine on and be able to follow step-by-step voice prompts. It increases a victim's chance of survival while you wait for an ambulance to arrive."

Survival rates for cardiac arrest victims decrease approximately seven to 10 percent with every minute defibrillation is delayed, according to Sgt. Boudy.

These are the voice prompts the machine goes through once turned on: Call for help now, remove clothing from the chest (the kit comes with scissors to cut clothing away), pull red handle to open bag, peel off plastic, expose to chest, do not touch patient, evaluating heart rhythm, stand by, preparing to shock and press flashing button. The machine also prompts the user when to start CPR.

"If someone just simply passed out, the device will sense their heart is working, and it won't administer the shock," Sgt. Boudy said. "It's completely safe; they work and people shouldn't be afraid to use them."

The AEDs are located within one minute from any entrance of the following locations: The visitors center, officers' club, base exchange, commissary, shopette, bowling center, enlisted club, education center, military personnel flight, hangar row, firing range and the 4th Civil Engineer high voltage shop.

CPR training includes AED training and can be accomplished through the American Heart Association or local Red Cross Chapter.

To take CPR training, contact your unit training manager.



Airman Shane Dunaway / WT

This automated external defibrillator is located inside the visitors center. The 12 AEDs on base are located within one minute from an entrance to assist a victim of a heart attack or cardiac arrest situation.

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AADD 722-3333

BRIEFS

Preschool enrichment program registration

The child development center registers children for the part-day enrichment program now through Wednesday from 9 a.m. to 4 p.m. Sessions include two-, three- and five-day programs. Children must be at least 3 years old by Oct. 15 to participate. The child's immunization record and parent's latest leave and earnings statement are needed for registration. For more information, call 722-1199.

Finance closure

The 4th Comptroller Squadron closes for an official function today at noon.

Airman's Attic returns to normal hours

Beginning Monday, the Airman's Attic will return to normal hours of operation which are Mondays and Fridays from 10 a.m. to 1 p.m. For more information, call 722-1123.

Munitions closing

The semi-annual 100 percent closed warehouse inventory is scheduled for Sept. 12 - 23. No munitions transactions will take place during this time frame with exception to emergency issues. The final day for submitting normal munitions transactions is Monday. For more information, call 722-7065.

"Manpower 101"

The Manpower and Organization Flight offers "Manpower 101" Thursday from 1-2 p.m. in the second floor classroom of the family support center. The class teaches how manpower is earned and organized and shares tips and strategies for the most efficient and effective use of manning resources. For more information, call 722-IDEA.

Six-week couples course

Wayne Community College and Seymour Johnson Community Outreach offer a six-week course that addresses communication, parenting and anger management with couples Sept. 12. This course is available to all base personnel. For more information, call 722-1878.

Base telephone numbers

The 4th Communications Squadron wants to remind everyone to contact the base operator if phone numbers within their organizations have changed. This will help them properly transfer calls. For more information, call 722-1110.

See **BRIEFS**, on Page 6



Aug. 17 - Aug. 24

This section of the Wright Times features excerpts from the 4th Security Forces Squadron blotter.

On-base incidents:

- ♦ Law enforcement patrols responded to a domestic assault in the family housing area. The individual was apprehended.

- ♦ An Airman was apprehended at the main gate for operating a vehicle on a suspended driver's license and base revocation.

- ♦ Patrols responded to a verbal altercation in the family housing area. The disturbance was resolved, and the individual's first sergeant was notified.

- ♦ Patrols responded to a report of a possible breaking and entering in family housing. The individual was pursued off base and turned over to Goldsboro Police department.

If anyone has any information regarding a crime, call 722-1203.

Accidents:

- ♦ There was a major accident on Wright Brothers Avenue involving four vehicles. Three vehicles were stopped at a traffic light and the fourth vehicle crashed into the last vehicle in the line causing a chain reaction of impacts. One of the drivers was taken to

Wayne Memorial for neck and back injuries. The driver of the fourth vehicle was cited for inattentive driving.

- ♦ There was a minor accident at the Slocumb gate after a pickup truck backed into another vehicle. There were no injuries.

Off-base arrests:

- ♦ An Airman was arrested for driving while intoxicated.

- ♦ A military member was arrested for domestic assault/stalking and is being held indefinitely.

Medical Emergencies:

- ♦ Emergency medical services responded to the report of an individual who had hurt their leg while playing flag football. The individual was transported to Wayne Memorial for treatment.

- ◆ An individual was treated by EMS and transported to Wayne Memorial after experiencing dizziness and a high fever.

Citations:

- ♦ Three citations were issued for expired registration, one for illegal parking and one for failure to display current license plate.

Days since the 4th Fighter Wing's last DUI:

8

Once the 4th FW reaches 60 days without a DUI, the wing receives half of a down day, 75 earns a full down day. Don't be the one who ruins a day off for everyone.

Don't drink and drive - call AADD at 722-3333.

As of Aug. 24

Information provided by the 4th Security Forces Squadron

Back to school

R S R H I G H S I L G N E S M
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P E D R R E G I S T E R M I D
A S L E K R O W E M O H M E D
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A R F O I C O N F E R E N C E
S E O R S O T M X E D N I E L
R M E T K A A R E L U R Z L A
O A L L R B L A C K B O A R D
S R E Y S A U E U L G B T E S
S K C A P K C A B L T P I D E
I E T M N O L T D O U E O N D
C R I Y C R A Y O N S N N I A
S B V G R D C F O R M S C B R
D P E N C I L S P A N I S H G

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Binder
Blackboard
Book
Calculator
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Crayons
Disk
Elective
Elementary
English
Erasers
Folder
Football
Forms
Glue
Grades
Gym
High

Homework
Immunization
Index
Lunch
Marker
Middle
Notebook
Paper
Pencils
Pens
Protractor
Register
Report
Ruler
Science
Scissors
Spanish
Stapler
Tissues
Tutor



By Capt. Tana Stevenson /WT

See answers on Page 8

In the spotlight

Airman 1st Class
Veronica Jones

Hometown:
Columbus, Ga.

Job title:
Bioenvironmental engi-
neering technician

Most life-changing
experience: Joining
the Air Force

Hobbies: Shopping
and spending time with my
family

What advice would you give to a new
Airman? Carry your workload so that others
won't suffer and have fun carrying it.

What's your favorite pizza topping? Ham
and pineapple

Favorite quote: "Do unto others as you would
have them do unto you"



4th ADOS

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BRIEFS: *News*

From Page 4
New fitness center hours
The fitness center is open Monday through Thursday from 5 a.m. to 1 a.m., Fridays from 5 a.m. to 11 p.m. and weekends and holidays from 7:30 a.m. to 6:30 p.m.

School age program
Registration packages for before- and after-school care are now available at the youth center. For more information, call 722-0397.

New thrift shop hours
The thrift shop is open Tuesdays and Thursdays from 9:30 a.m. to 1 p.m. They're also hosting a back-to-school sale Saturday from 9:30 a.m. to 1 p.m. For more information, call 759-9596.

New Webmail site
There's a new server to access e-mail outside of work. To get to your Seymour Johnson Webmail, go to <https://mail.seymourjohnson.af.mil>. For user name, type in seymourjohnson/firstname.lastname, and then enter your regular password.

Reminder for base housing residents
The base housing office reminds all residents that boats, campers, utility trailers and motor homes can't be stored in the housing area. Recreational vehicles can be stored for free at the 4th Services Squadron RV storage facility located behind the recycling center at 1165 Collier Street. For more information, call 722-0363.


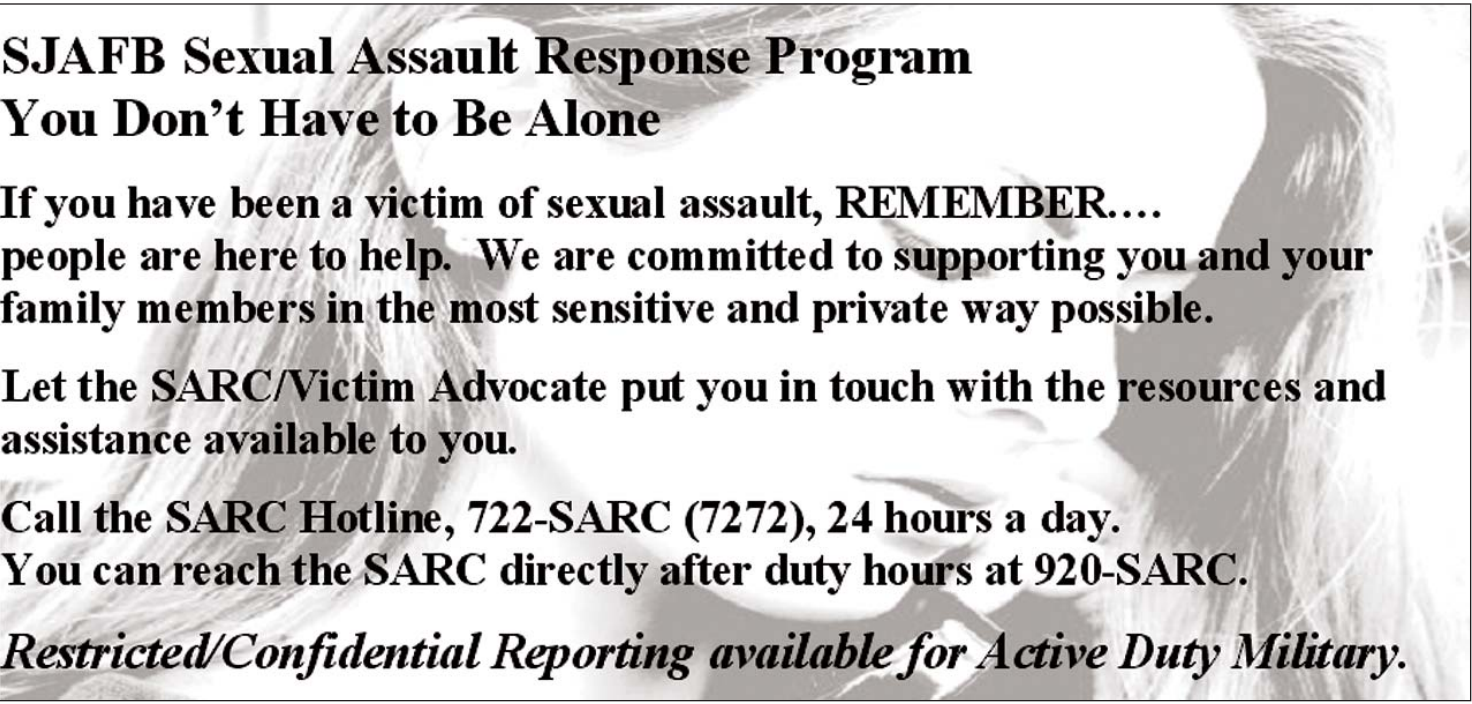
SJAFB Sexual Assault Response Program You Don't Have to Be Alone

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Let the SARC/Victim Advocate put you in touch with the resources and assistance available to you.

Call the SARC Hotline, 722-SARC (7272), 24 hours a day. You can reach the SARC directly after duty hours at 920-SARC.

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BIRTHDAY: A time to be thankful

From Page 2
The chief of cardiac interns at Wilford Hall said my current fitness level probably saved my life. Though always physically active, I find it interesting I spent the last six months engaged in rigorous cardio training in an effort to do well on my fitness test. Little did I know I was also preparing for a heart attack. Thank you, Air Force.
And lastly, there is always much for which we should be thankful. In addition to thanking the Air Force for making me do the right thing, I owe a great debt of gratitude to the team of dedicated and exceedingly professional medical experts at Wilford Hall for the care they provided: the nursing staff on the ward that took good care of me post-op; the cardiac intensive care staff who took care of me


immediately before and after the catheter work; and most certainly, the bevy of cardiac interns and their chief who did a great job getting things under control and resolved before my ticker decided to quit ticking. Most importantly I am thankful for my wife who was quick to respond to my needs and took the right actions even if her stubborn husband delayed her.
Since returning to work, I have reflected on what we do here at the Air Force Personnel Center to put the right people in the right place at the right time to execute their mission. On my 40th birthday, I benefited personally from the successful accomplishment of AFPC's mission when the experts at Wilford Hall accomplished their's. I'll enjoy that for the rest of my life.

BREACH: Airmen's personal info stolen

From Page 1
Experian: call 1-888-397-3422 or visit <http://www.experian.com>
TransUnion: call 1-800-680-7289 or visit <http://www.transunion.com>
Second, request a free credit report from the credit bureaus to monitor unauthorized account activity. Review the report for any misuse of personal information, unexplainable debts, missing


bills and credit denied. Also verify that personal information is accurate such as Social Security number, name, address and employer.
Airmen can also follow the Federal Trade Commission guidelines for dealing with identity theft at <http://www.consumer.gov/idtheft/>.
Effective Sept. 1, the Fair Credit Reporting Act entitles everyone to one

free credit check annually. To request a free report, visit <https://www.annual-creditreport.com>.
Any Airman that believes they are a victim of identity theft should contact the office of special investigations and the legal office.
For general questions about this incident, contact AFPC at 1-800-616-3775.




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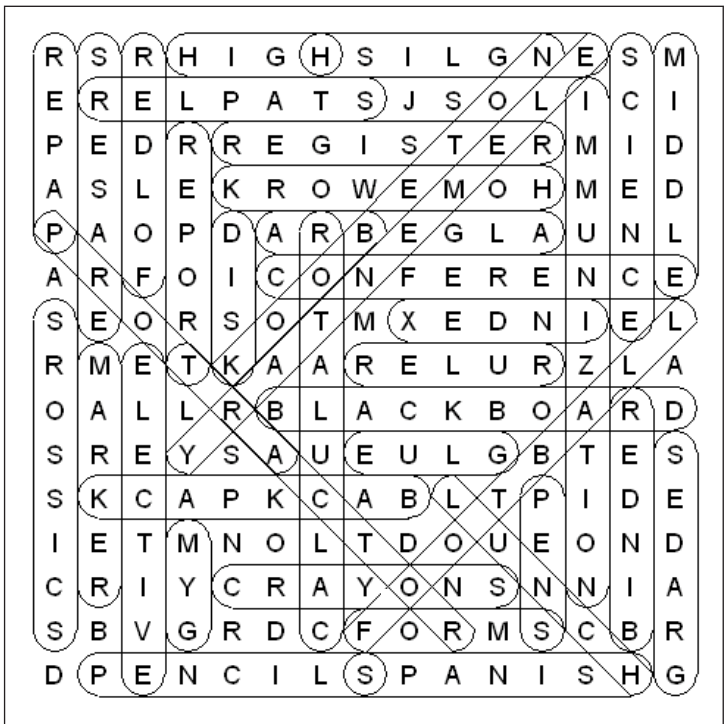


U.S. AIR FORCE
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Wordsearch answers

From Page 5

Back to school



Chapel schedule

Catholic

- Weekend Masses: Saturday - 5:30 p.m., Sunday - 9:30 a.m.
- Weekday Masses: Weekdays - 11:30 a.m. to noon
- Confessions: Saturday - 4:15 to 5:15 p.m., weekdays by request
- The Catholic Women of the Chapel meets the first Friday of each month at 9:30 a.m. in the Chapel Annex

For information, call 751-0140

meets in Bldg. 4403

- 10:45 a.m. - Extended religious education
- 11 a.m. - Traditional service
- 12:30 p.m. - Inspirational service

- The Protestant men meet at 9 a.m. the first Saturday of every month
- The Protestant women meet at 7 p.m. the second Thursday of every month
- For more information or to contact a chaplain during duty hours, call 722-0315. To contact a chaplain after duty hours, call the command post at 722-2679

Protestant Services

- Sunday services:
 - 8 a.m. - Liturgical worship service
 - 9:30 a.m. - Religious education, ages three through adult,

Jewish, Orthodox and Muslim

Call the chapel at 722-0315

Local events

Inside the gate:

Dog obedience classes
The veterinarian clinic hosts dog obedience training sessions beginning Sept. 6. Registration ends today. Dogs must be at least 6 months old with current vaccinations. The fee is \$75 for eight weekly sessions. For more information, call 722-1465.

OCSC county fair
The officer and civilian spouses' club hosts a "county fair" function Wednesday from 9:30 a.m. to noon at the officers' club. Tables are available for vendors and base and community agencies. The cost for a table is \$7 for OCSC members and \$10 for nonmembers. For more information, call 751-2834.

Drop and Shop at the BX
The Seymour Johnson Base Exchange and the base theater host Drop and Shop every other Wednesday at 6:30 p.m. The Drop and Shop is a program that allows parents to drop their children off at the theater for a G-rated movie while they shop at the base exchange. For more information, call 735-8511.

AFREP: Saving money with DRMS

From Page 1

And that's where the new procedures for DRMS take effect.

"When I first joined AFREP in 2001, there wasn't much emphasis on DRMS. We were trained to check it once a month, if time permitted," Sgt. Brown said. "Fast forward four years later, and we're using DRMS in a completely new way."

When the MSLs forward requests to AFREP, Sgt. Brown inputs it into a want list on the DRMS Web site. The system automatically sends her an e-mail whenever an item comes in that matches a request. She then forwards the

item information to 4th LRS customer service. They order and requisition the items. AFREP takes the equipment, repairs it or sends it out to be repaired, and then turns it over to supply so it can be inventoried.

This process has come in handy several times over the last couple of years.

After finding there was a need for flame holders, which are part of the F-15 afterburner system, Sgt. Brown found almost 500 in Texarkana, Texas. With a new item cost of \$10,575 versus a repair cost of only \$2,998, the savings added up fast.

Other useful items obtained through DRMS

recently include 8mm recorders, which are used to create an audio and video record of a flight, and UHF antennas, which are also used on the F-15s.

"This is a huge boon to our program. It's given us an alternative we never thought of before," said Senior Master Sgt. Jeff Lawson, AFREP manager. "It has paid huge dividends Air Force wide."

The money AFREP saves the Air Force is used to fund several things. Here at Seymour, the money has been used to renovate buildings in the 4th Maintenance Group, and to improve quality of life by adding break rooms to several squadrons, a slide at the pool and lights at the gym, among other projects.

Outside the gate:

Violin lessons
The Arts Council of Wayne County offers violin lessons for adults and children. Classes are available Mondays and Wednesdays as half-hour sessions. For more information, call 736-3300.

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NFC season preview

By Airman
Shane Dunaway
Public Affairs

It's the most wonderful time of the year, and it's not Christmas. It's time to hit the gridiron as 32 teams begin their quest for the Lombardi Trophy. Here is the National Football Conference outlook for the upcoming season.

NFC East

Philadelphia Eagles - 12-4 Can playmaking receiver Terrell Owens and quarterback Donovan McNabb stop bickering long enough to defend the NFC title? Owens' unhappiness with his already large contract could undoubtedly make him a pariah in the Eagles' locker room. Even with the controversy, the Eagles are the favorite to win the division.

New York Giants - 9-7 Eli Manning is set to embark on his sophomore season as the Giants quarterback. Now he has a weapon in 6-foot-6-inch receiver Plaxico Burress to compliment the ground game provided by halfback Tiki Barber.

Hopefully, Manning's elbow injury suffered in the preseason game against the Panthers doesn't linger. Free agent signee linebacker Antonio Pierce will help bolster the Giants' defense.

Washington Redskins - 6-10 Head coach Joe Gibbs didn't fare well in his return to the gridiron. Expect more of the same this year. The Redskins jettisoned both starting receivers Laveranues Coles and Rod Gardner, as well as cornerback Fred Smoot and linebacker Antonio Pierce. Time will tell if this season is

enough to drive Gibbs back to racing.

Dallas Cowboys - 5-11 Quarterback Drew Bledsoe is the next of a long line of attempts to replace legendary quarterback Troy Aikman. Halfback Julius Jones spearheads the offensive attack. Defensive coordinator Mike Zimmer must teach Dallas' young defense the 3-4 scheme Bill Parcells has implemented in previous coaching stops.

NFC North

Minnesota Vikings - 12-4 The Vikings' offseason was marked with the trade of prolific, yet troublesome receiver Randy Moss. Receiver Nate Burleson and tight end Jermaine Wiggins will handle the bulk of Moss' old duties, as will speedy rookie receiver Troy Williamson. The Vikings' revamped defense will push this team to the top of their division.

Detroit Lions - 9-7 The clock is running out on quarterback Joey Harrington after the Lions drafted University of Southern California receiver Mike Williams. If Harrington struggles early, head coach Steve Mariucci may be inclined to give the reigns to Jeff Garcia. The offense is in place and the defense has some talent, but they'll be hard-pressed to provide a challenge for the high-power Vikings.

Green Bay Packers - 7-9 Wide receiver Javon Walker's unhappiness with his contract could sew seeds of discontent in the locker room. Brett Favre is still the glue that holds the offense together and must protect the team from a

Sidelines

Running shoe seminar

The 4th Medical Group physical medicine flight commander presents a seminar today from 11 a.m. to noon at the health and wellness center to help people pick running shoes suited for their foot type, thus preventing running injuries. For more information, call 722-0407.

Youth soccer registration

Boys and girls, ages 5-15, may register for fall soccer today at the youth center. Registration hours are Monday through Friday from 10 a.m. to 5:30 p.m. Practice sessions begin Sept. 6, and the season will run from Sept. 26 to Nov. 17. All games are played locally. The player fee is \$35 and includes uniform shirts. Coaches are needed for all leagues. For more information, call 722-0503.

Hip 2B Phit

Youth programs offers ongoing fitness classes for ages 13 - 18 every Monday, Wednesday and Friday at 6 and 7 p.m. in the youth center gym. For

more information, call 722-0502.

Kinston Indians schedule

Outdoor recreation has the 2005 season schedule for the Kinston Indians baseball team. Cost is \$3 for general admission with valid military identification unless otherwise noted. For more information, call 722-1106.

Hakkoryu Jiu-Jitsu class

The fitness center hosts free Hakkoryu Jiu-Jitsu classes every Tuesday and Friday from 6:30 - 8 p.m. The adult only class is limited to 12 students. For more information, call 722-0408.

Air Force Marathon

The Wright-Patterson Air Force Base Marathon is now officially the Air Force Marathon. Permissive TDY is authorized for four participants to form a relay team. Deadline to enter the marathon is Sept. 2. For more information, call 722-0578.

Little Tigers

The community center hosts Little Tigers martial arts classes Wednesdays from 5:30 - 6:30 p.m. Cost is \$20 per month per child. Family discounts are also available. For more information, call 722-0339.

Martial arts training available

Ho Kuk Mu Sul classes are available at the community center. Adult classes are Mondays from 5:30 - 6:30 p.m. as well as Wednesdays and Fridays from 5 - 6 p.m. with youth classes every Monday, Tuesday and Thursday from 5:30 - 6:30 p.m. Cost is \$35 per month. Family rates are available. For more information, call 722-0339.

Spin to get thin

The fitness center offers stationary bike classes Mondays, Wednesdays and Fridays at 5 p.m., Tuesdays and Thursdays at noon and Saturdays at 9 a.m. The class is limited to 19 people and is offered on a first-come, first-serve basis. For more information, call 722-0408.

serious meltdown. Defense coordinator Jim Bates inherits a lackluster defense without direction or a spirited veteran leader.

Chicago Bears - 4-12 The Bears set out to improve their offense by adding receiver Muhsin Muhammad, who led the NFL in touchdown catches last season. Halfback Cedric Benson was added through the draft, but his holdout could hurt the team's chemistry and chances of winning. Quarterback Rex Grossman is coming off an ACL injury and must become the leader of the offense.

NFC South

Carolina Panthers - 12-4 Carolina landed two key players in free agency in offensive lineman Mike Wahle and cornerback Ken Lucas and added solid depth and a hard-hitting linebacker/safety Thomas Davis through the draft. Receiver Rod Gardner was also acquired for a sixth round pick in the 2006 draft. Health and the Michael Vick factor will dictate how far the Panthers will go this season.

Atlanta Falcons - 10-6 The Falcons added middle line-

backer Edgerton Hartwell to shore up the defense, and they drafted wide receiver Roddy White. Repeating as division champs will prove challenging in arguably the league's toughest division. No team has won the NFC South two years in a row. Will Atlanta be the first? Not likely.

New Orleans Saints - 7-9 Halfback Deuce McAllister was awarded with an eight-year contract extension, so he will be feeling the pressure to carry his team to the postseason. Despite signing free safety Dwight Smith from Tampa, the defense is still suspect, particularly at linebacker. This team will go as far as quarterback Aaron Brooks' arm takes them.

Tampa Bay Buccaneers - 5-11 In two seasons, the Buccaneers have managed to go from Super Bowl champs to the cellar dweller in the NFC South. Tight end Anthony Becht and defensive tackle Chris Hovan highlight a not-so-stellar free agent crop, but Tampa Bay landed a game breaking halfback in "Cadillac" Carnell Williams through the draft. Tampa has

work to do if it hopes to regain the top spot in this division.

NFC West

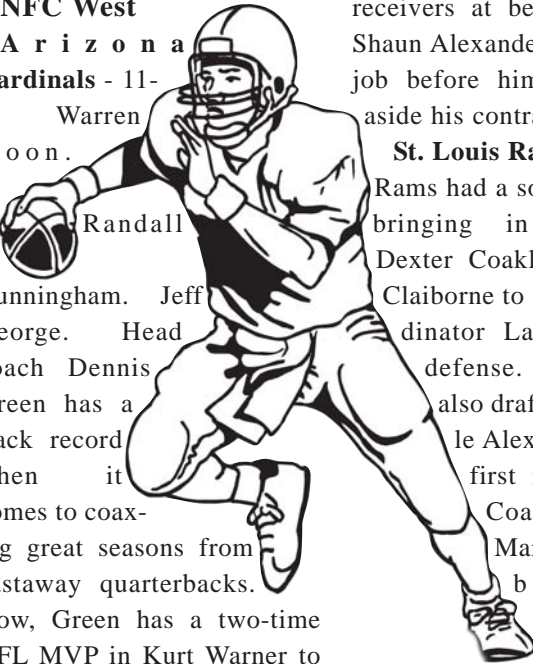
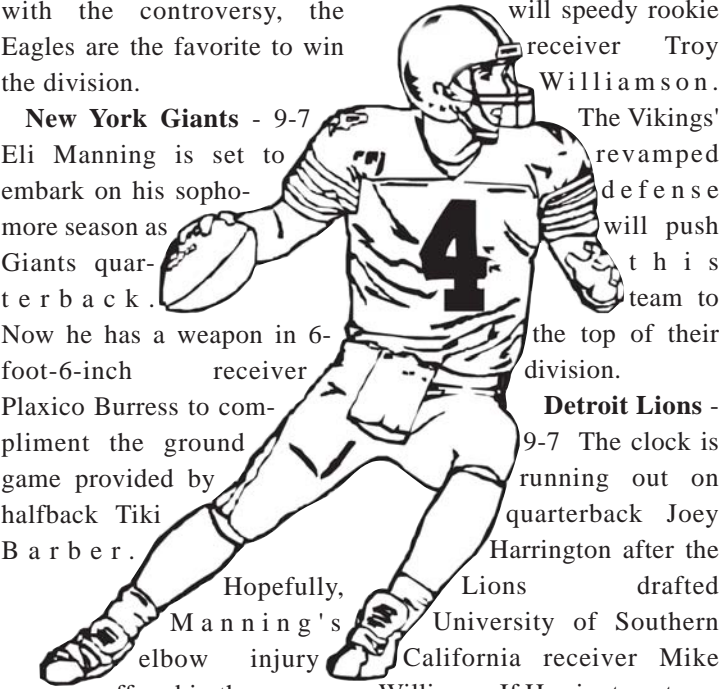
Arizona Cardinals - 11-5 Warren Moon. Randall Cunningham. Jeff George. Head coach Dennis Green has a track record when it comes to coaxing great seasons from castaway quarterbacks. Now, Green has a two-time NFL MVP in Kurt Warner to lead an offense stocked with a solid receiving trio and rookie halfback J.J. Arrington, who rushed for over 2,000 yards for UCLA last season. This team can win now in a weak division.

Seattle Seahawks - 9-7 The Seahawks look to improve their defense with the additions of corners Andre Dyson and Kelly Herndon and linebacker Jamie Sharper. Seattle released receiver

Koren Robinson, and replacements Joe Jurevicius and Jerome Pathon are slot receivers at best. Halfback Shaun Alexander must put his job before himself and put aside his contract dispute.

St. Louis Rams - 7-9 The Rams had a solid offseason, bringing in linebackers Dexter Coakley and Chris Claiborne to shore up coordinator Larry Marmie's defense. The Rams also drafted right tackle Alex Barron in the first round. Head Coach Mike Martz must run a balanced offense or he may find himself out of a job.

San Francisco 49ers - 3-13 Former Ravens defensive coordinator Mike Nolan will implement the 3-4 defense in his first year as the 49ers' head coach. The 49ers used its 11 draft picks to build a foundation for a franchise that has recently fallen by the wayside. First overall pick Alex Smith leads a team that is definitely looking to win later rather than now.



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Matching feet with shoe technology

By 1st Lt. Tammie Adams
Public Affairs

Not only is it important to wear running shoes while running, it's equally important to choose a running shoe that fits your particular foot type.

With the implementation of the Air Force fitness program and a greater emphasis on running as a measure of physical fitness, the 4th Medical Group physical medicine flight wants to ensure Airmen are training with the right equipment, which begins with the right shoes.

"Wearing improper shoes makes a person extremely susceptible to painful running injuries like Achilles tendonitis, runner's knee, plantar fasciitis, shin splints and even stress fractures," said Capt. Kelly VandenBos, physical medicine flight commander.

There are two simple tests to help determine which type of running shoes people should buy, according to Capt. VandenBos.

■ First, one should determine their foot type by doing a "wet test." One does this by stepping in water, placing a foot on a brown paper bag and then comparing it to the pictures below.



Normal Arches



High Arches



Flat Feet

■ After determining foot type, one should determine their running mechanics. One can determine this by looking at an old pair of running shoes. If the bottom sole is worn down evenly on both sides, then it shows neutral mechanics. If the bottom sole is worn down on the outside edge, then that shows supination. And if the bottom sole is worn down on the inside edge, that shows pronation.

"Nine times out of ten, if someone has normal arches, they'll have neutral mechanics; if they have high arches, they're a supinator; and if they have flat feet, they're a pronator," Capt. VandenBos said.

■ After determining foot type and running mechanics, one should make some shoe observations before making a purchase. First, determine a shoe's "last design," which is the shape of the outside and inside of the shoe.

Basically, the shape of the last design should look like the bottom of your foot when you performed the wet test, according to Capt. VandenBos.

Combination last shoes: These are primarily for people with normal arches and neutral mechanics. These shoes have a slip last in the forefoot for flexibility and a rigid insole board in the heel for motion control. In general, combination last designs are semi-curved, meaning they curve in slightly at the arch.



Slip last shoes: These are primarily for people with high arches and supination. These shoes have no insole board, which allows for greater flexibility. The stitching on the inside of the shoe goes down the middle of the shoe from heel to toe. In general, the slip last design is curved and is very narrow through the arch.



Board last shoes: These are primarily for people with flat feet and pronation. These shoes have a rigid insole board that runs the entire length of the

shoe. They provide the best stability and are designed to prevent excessive foot motion. They have no curve in the arch.



■ After two final tests, the twist test and the crush test, one should be ready to choose the best running shoe suited for their feet. For the twist test, hold the heel of a shoe, grab the toes and twist the toes of the shoe. It is important not to twist both the heel and toe at the same time when performing the test.

Next, for the crush test, hold the heel and toes of the shoe with the palms of your hand and then push from heel to toe.

By combining these tests' results, there should be one of the following qualities in the shoes:

- ♦ Stability: Some movement, semi-flexible midsole
- ♦ Cushioned: Moves easily, flexible midsole
- ♦ Motion control: Little to no movement, stiff midsole

Now, combine all test results. The chart below describes the characteristics one should find in a pair of running shoes suited for their foot type and running mechanics.

Tips for buying new shoes:

♦ Try on more than one brand. Fit and feel are just as important as shoe type

♦ Feet are largest in the evening, so buy shoes in the evening to prevent constriction

♦ Allow about one-half inch from the end of the longest toe to the end of the shoe

♦ Ensure the widest part of the foot is the same size as the widest part of the shoe

♦ Place shoes flat on a counter to check for balance. They should rest flat and not tilt

♦ The best shoe is not necessarily the most stylish, popular or expensive

♦ Running shoes should be replaced every six to nine months or 400 to 600 miles of running

TRI: 38 compete for the win

From Page 1

"It was my goal to bike and run hard," said Alicia Frank, second place winner for the women. "I guess I accomplished my goal, but you always want to do better - push a little harder."

For the final leg of the competition, the temperature got more and more heated by the minute as the athletes returned from their ride and threw on their running shoes to trek four miles around the two-mile track.

"The most difficult part of really any triathlon competition is the first mile or so after coming off the bike portion," said Stephen Frank, first place winner for the

men. "Your muscles are so used to riding that they don't want to start running. Training yourself to run hard after riding is key to having a good performance on race day."

The triathlon proved to be a hit from abundant participation and favorable weather to an overall good time.

"Services did a great job putting on this triathlon," Stephen Frank said. "It really was a perfect setup and they ordered up nice weather. I was happy with my performance, and I was happy to see all the athletes pushing themselves and having fun."

According to Lt. Guerra, the 4th SVS plans on making this an annual event.

Foot type, shoe recommendation

Normal arches	High Arches	Flat feet
Neutral mechanics	Supinator	Pronator
Semi- curved	Curved	Straight
Combination Last	Slip Last	Board Last
Stability Shoes	Cushioned	Motion Control

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And the winners are!

Men top three

1st place - Stephen Frank 1:10:14
2nd place - Timothy Spaulding 1:21:58
3rd place - Matthew Lynch 1:24:58

Women top three

1st place - Marit Chrislock-Lauterbach 1:18:19
2nd place - Alicia Frank 1:23:40
3rd place - Many Birch 1:27:30

Child

1st place - David Johnson 2:16:50

Fat tire category (Fat Tire is anything other than a road bike, like a BMX bike, mountain bike, etc.)

Women

1st place - Megan Teel 1:50:19

Men

1st place - William Johnson 2:25:05

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